



Army *Safety* Gram



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ARMY SAFE
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11-13

28 April 2011

Anyone Can Get Hurt

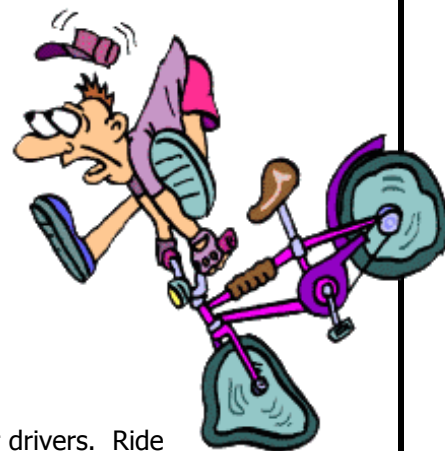
It's easy to crash on a bicycle. Each year, more than half a million bicyclists visit the hospital when they do just that. These injuries can happen anytime, anywhere. People often think they're safe because they "just ride around the neighborhood". Unfortunately, most serious crashes occur on quiet neighborhood streets.

Bicyclists must obey the rules of the road like drivers of any other vehicle and must be treated as equal users by all other vehicles. The best way to avoid collisions is to be prepared and be aware of other vehicles around you. Avoid common bicyclist errors and common motorist errors committed around bicyclists.

Safety Tips

We can make bicycling safer for all by observing the following safety tips:

- ♦ Ride predictably, act like a good driver. Drivers are used to the patterns of other drivers. Ride in a straight line, obey traffic signs and signals, and do not weave in and out of traffic. Always use hand and arm signals. Riding predictably reduces your chances of a crash with a motor vehicle.
- ♦ Look, signal and look again before changing lanes or making a turn. Establish eye contact with drivers. Seeing a driver is often not enough. Make sure drivers see you before executing a turn or riding in front of a turning car. Give pedestrians the right-of-way
- ♦ Watch out for opening car doors. Be prepared for the possibility that a car door may be opened in your path.
- ♦ Stay visible. Wear brightly colored clothing for daytime riding. At night, wear reflective materials such as a reflective vest or belt. Use white headlights and red taillights when riding at night.
- ♦ Use a bell or horn. Your bell alerts drivers, pedestrians and other cyclists to your presence, it is required by law.
- ♦ Always wear a properly fitting helmet, no matter how short the trip. Never wear a headphone while riding a bike.
- ♦ Never carry another person on your bicycle
- ♦ Keep your bike in good repair - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.



Safety Tips for Drivers: Sharing the Road

- ♦ Look before you open your door. Don't rely only on your rearview mirrors — turn your head to look for bicyclists, skaters and scooter operators who maybe alongside or approaching.
- ♦ Make sure there is at least 4 feet between you and cyclists. Cyclists may have to maneuver unexpectedly to avoid road conditions that you can't see. Don't tailgate, especially in bad weather.
- ♦ Lay off the horn. Cars are loud; cyclists can hear you coming. Don't honk at cyclists unless they are in immediate danger.

***Riding defensively and scanning the road can improve your safety.
Learning how to share the road safely could save you your life.***

